

# 6 Tips for A Healthy Lifestyle

A healthy lifestyle is a way of living that lowers the risk of being seriously ill and dying early. Health is everything. We take it for granted until we get sick and realize how important health is. If we are healthy, we can work in a good way and can handle our daily chores, also can enjoy our life. A healthy lifestyle includes a balanced diet, regular exercise, and takes good sleep.

## **Tips for A Healthy lifestyle:**

Tips for a healthy lifestyle are mentioned below.

### **1. Eat a healthy diet:**

Eating a healthy and balanced diet is the most important part of maintaining good health. Eat a combination of different foods like fruits, vegetables, legumes, nuts, and whole grains. Adults should eat five portions of fruits and vegetables per day. Try to use fresh and seasonal vegetables and fruits. Also, try to use nuts and seeds as these are incredibly nutritious. It also helps to lose weight and reduce the risk of heart attack and diabetes. Try to avoid ultra-processed foods like snack cakes, fast food, frozen meals, canned foods, and chips.

### **2. Consume less sugar and salt:**

Consuming more salt can cause high blood pressure, which in turn increases the risk of heart disease and stroke. We should limit our salt to 5g per day, equivalent to one teaspoon. And also try to avoid salty things like soy sauce, fish sauce, and other salty snacks, etc.

High usage of sugar will cause weight gain and risk of tooth decay. Almost 50g or about 12teaspoons sugar is recommended for adults. We can reduce sugar intake by limiting the consumption of sugar snacks, candies, sweets, and sugar-sweetened beverages.

### **3. Avoid harmful use of alcohol:**

There is no safe level of drinking alcohol. Usage of alcohol can cause liver diseases and also leads to liver cancer. It can also cause other problems like mental and behavioral disorders. Even leads to accidents and injuries. In our religion, it's completely prohibited (Haram).

### **4. Don't Smoke:**

Smoking is the leading cause of lung cancer over the globe. It causes lung cancer and contributes to the development of other organ cancers as well. It also causes heart disease and strokes.

Tobacco kills not only the smoker but also the other people around you. So quit smoking and fight for your right to breathe smoke-free air.

**5. Exercise Regularly:**

Excess body fats come from eating more than we need. If we are gaining weight, we need to eat less and start exercising regularly. Try to get 30 minutes of exercise at least 5days a week. Exercise not only helps you to maintain a healthy weight but also decreases the risk of various diseases.

**6. Get Enough sleep:**

There is a strong link between our sleep and the immune system. Sleeping is also a key to our good health and wellness. Poor sleep is one of the strongest individual risks of weight gain, can disrupt your appetite hormones, and reduce your physical and mental performance.

We should sleep 7-9Hours per day for good health. During sleeping, our body is recovering from the day, repairing cells, and releasing proteins and hormones.